



# relax Kids

creating calm confident kids

[www.relaxkids.com](http://www.relaxkids.com)



MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX



creating calm confident Kids

Relax Kids aims to give children access to a variety of simple, yet effective techniques for relaxation, mindfulness and stress management that are developed and delivered in a fun and creative way.

We believe that relaxation, mindfulness and a positive outlook are the keys to good mental health, self esteem and emotional resilience.

Our mission is to give children and young people the tools they need to help them manage stress and anxiety and to be more resourceful when facing the challenges of daily life.

We support parents, teachers and those working with children and young people through our quality resources and training.

We want children and young people to feel happier, more positive and empowered with skills for life!

Marneta Viegas  
Founder

June 2014

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What would you like your child to be happy and confident?

Would you like your child to enjoy life, sleep better and have a more positive outlook?

Would you like your home to be more relaxed?

Would you like to feel more calm and in control?



We want your  
child to be...





# Benefits of Relax Kids

Creates a sense of calm  
and well-being

Helps create peaceful thoughts

Reduces Stress

Helps you be more  
kind and respectful

Reduces pain and boosts  
your immune system

Increases blood flow and  
slows down heart rate

Increases Energy

relax Kids

# Relax Kids helps:

Lack of confidence

Anxiety ADHD Autism

Anger management Stress

Sleeping Problems



# Award Winning\* Classes for children

Little Stars Classes (under 5s)



Magical adventure classes (5-9)



Chill Skills (8- teen)



# 7 Steps of Relaxation

relax Kids

**MOVE**

Warm up exercise for energy & fun

**PLAY**

Activity games for vitality, creativity & joy

**STRETCH**

Stretching for balance, inner strength & power

**FEEL**

Peer/Self massage for self awareness, empathy and respect

**BREATHE**

Breathing exercises for improved health, anxiety & inner calm

**BELIEVE**

Affirmations for self esteem, confidence & positivity

**RELAX**

Visualisations for deep relaxation, imagination & peace



## Benefits of Relax Kids

<b>MOVE</b>	<p><b>MOVE</b> play stretch feel breathe believe relax</p> <p><b>Benefits of Movement and Warm up:</b></p> <ul style="list-style-type: none"> <li>Improves circulation</li> <li>Releases endorphins</li> <li>Boosts energy</li> <li>Develops flexibility, coordination, balance and strength</li> </ul>
<b>PLAY</b>	<p>move <b>PLAY</b> stretch feel breathe believe relax</p> <p><b>Benefits of Mindfulness games:</b></p> <ul style="list-style-type: none"> <li>Encourages social interaction</li> <li>Improves communication, cooperation</li> <li>Develops confidence and self esteem</li> <li>Develops language and social skills</li> </ul>
<b>STRETCH</b>	<p>move play <b>STRETCH</b> feel breathe believe relax</p> <p><b>Benefits of Stretching:</b></p> <ul style="list-style-type: none"> <li>Improves circulation and boosts immune system</li> <li>Promotes balance and mental calm</li> <li>Sharpens concentration</li> <li>Decreases tension</li> </ul>
<b>FEEL</b>	<p>move play stretch <b>FEEL</b> breathe believe relax</p> <p><b>Benefits of Peer Massage:</b></p> <ul style="list-style-type: none"> <li>Lowers stress levels and relieves tiredness</li> <li>Helps relax muscles and calms the nerves</li> <li>Promotes better social contact, respect and communication</li> <li>improves circulation and stimulates lymphatic system</li> </ul>
<b>BREATHE</b>	<p>move play stretch feel <b>BREATHE</b> believe relax</p> <p><b>Benefits of Breathing:</b></p> <ul style="list-style-type: none"> <li>Brings energy to the respiratory system</li> <li>Calms the nerves</li> <li>Develops concentration and clarity</li> <li>Helps reduce anger, anxiety and stress</li> </ul>
<b>BELIEVE</b>	<p>move play stretch feel breathe <b>BELIEVE</b> relax</p> <p><b>Benefits of Affirmations:</b></p> <ul style="list-style-type: none"> <li>Promotes positive thinking</li> <li>Develops self confidence and self esteem</li> <li>Boosts self-esteem</li> <li>Improves emotional resilience</li> </ul>
<b>RELAX</b>	<p>move play stretch feel breathe believe <b>RELAX</b></p> <p><b>Benefits of Visualisations:</b></p> <ul style="list-style-type: none"> <li>Improves concentration, listening skills and memory</li> <li>Improves mental and emotional health</li> <li>Promotes deeper sleep</li> <li>Develops imagination and creativity</li> </ul>

Relax Kids classes are fun, creative and inclusive.

They take children from an energetic energy level to a calming low energy level.

Classes last 30 – 60 minutes.

All Relax Kids coaches have been police checked and have public liability insurance.





# Join us on a different themed adventure each week



# What Kids Say

"My Mum said 'It was the best thing ever to send me to relax Kids!' Jack

I THINK THAT THIS CLASS IS BRILLIANT IT IS THE BEST CLASS I'VE EVER BEEN TO. I LOVE COMING. - RACHEL

"Relax Kids was very fun and relaxing and it made me very confident." - Esme

i feel more relaxed and i use it all the time when im angry. i liked imagining being a princess - carlota



# What Parents Say

I was really impressed with Relax Kids. My children thoroughly enjoyed the class and can't wait for the next one. They both felt very relaxed and happy at the end. D Heath

*"My child had difficulty approaching other children and making friends, but after going to these classes, he is more confident and assertive."*  
Francis Jones

*"It's hard to believe that something so simple can show such amazing results in such a short space of time."* Rachel Martin

*"Thomas has a problem with his anger and tends to get frustrated very easily. Thomas loved the class and would have stayed longer doing it if he could!"* Jen





Books and CDs to help relax, de-stress and feel better about themselves

## Ages 4-9



# Toddlers



## All ages



# Teens

## Books for stress reduction and better bedtimes



## Cards to promote self-esteem and confidence



# Mindfulness and Relaxation sessions for Parents

- Would you like to make your home a stress free zone?
- Would you like to learn some simple techniques to help your child relax?
- Would you like to spend some quality time with your family in a relaxed environment?

Learn relaxation exercises to practice with your family

Learn how to use relaxation products at home

Learn how to create a happier more peaceful family environment

*just* relax 

# Book a Chill and Chat party in your home

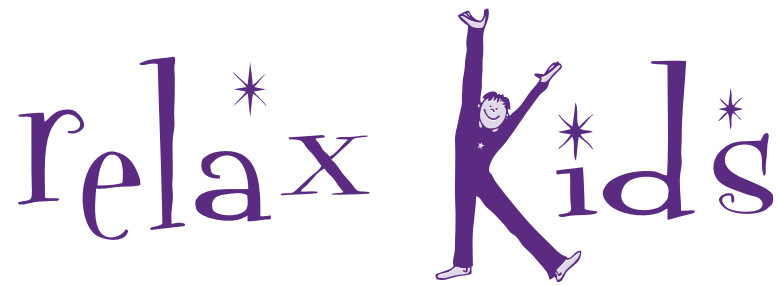
Invite friends round, get some drinks and snacks and have a relaxing evening in

Try some great stress busting and relaxation exercises

Learn how to bring relaxation into your home  
Sample Relax Kids products

Includes complimentary sheet of relaxation exercises to try at home.





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# Try Relax Kids for **FREE**



[www.relaxkids.com/free](http://www.relaxkids.com/free)

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KEEP  
CALM  
AND  
RELAX



Join Relax Kids classes today!  
[www.relaxkids.com/class](http://www.relaxkids.com/class)